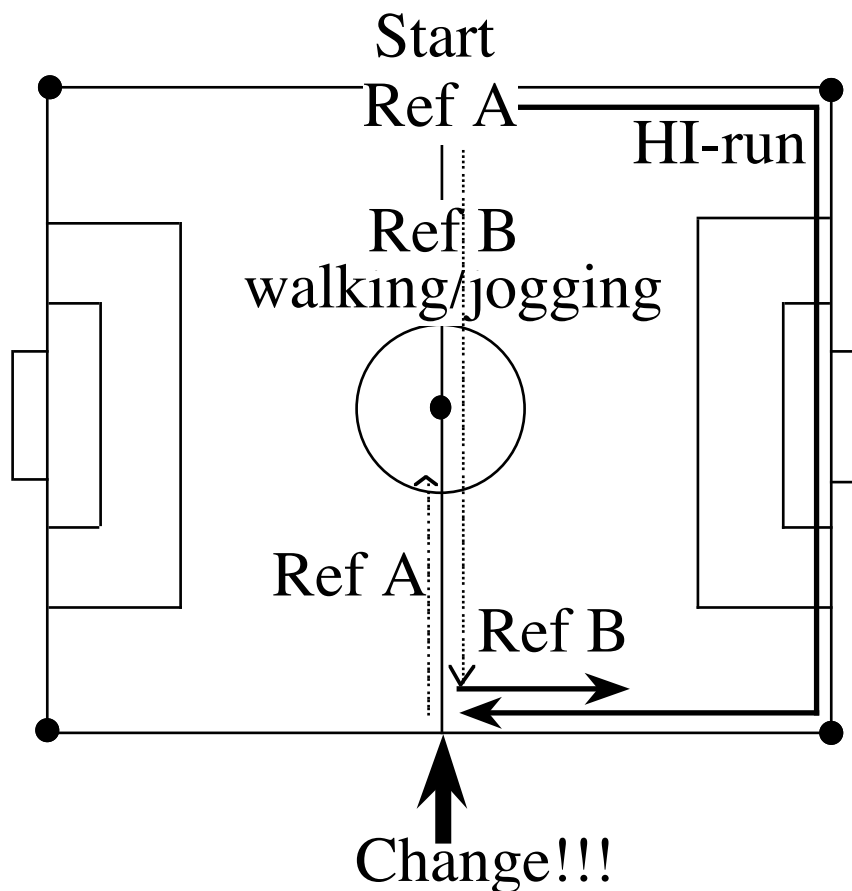


WEEK 42 from Monday 17th to Sunday 23rd of October
Macrocycle IV, week 2 (Training week 20)

- Mon. 17th: * Act. Recovery - 50' recovery session in a fitness centre, including
 Tr. 74
- 10' warm up (walking & jogging on a treadmill between 6 & 13 km/hr, followed by mobilisation exercises)
 - 30' non-weight bearing exercises (70% HR_{max}), such as:
 - 10-12' cycling (80-90 cycles/min)
 - 8-12' rowing (25-30 cycles/min)
 - 10-12' gliding / stepping (60-70 cycles/min)
 - 10' stretching followed by sauna, jacuzzi, massage
- Total duration: 50'
- Tue. 18th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
 Tr. 75
- * Warm up - 20' extensive warming up, mobilisation and stretching
 - * Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups (10')
 - * High Int. - Set 1: Referee A starts accelerating clockwise from the midline to the corner flag, then to the other corner flag, and finally to the other side of the midline. In the meantime, Referee B has to cross the midline by walking or jogging. He has to arrive at the other side when Referee A arrives. When they meet, their roles change, i.e. Referee B accelerates counter-clockwise the same trajectory, while Referee A can recover walking or jogging back to the starting position. The second HI-run of referee A is done on the other side of the field so that he has to take the turns on his L-shoulder. All together this exercise is done 5 full laps (or 10 HI-runs for each of the referees).
- All together, this first run takes \pm 10' (1600 m acceleration alternated with 600 m recovery for each referee).
- 3' passive recovery (until bpm < 65% HR_{max})
 - Set 2: again 5 full laps (or 10 HI-runs for each of the referees).
 - All together this exercise takes \pm 22'
 (10' Set 1 + 2' recovery + 10' Set 2).



* TIPS

- During these High Intensity training sessions, the lactate producing energy system may also be highly stimulated for short periods of time which means that the training overlaps anaerobic speed endurance training. The coach-in-charge or the referees themselves should ensure that the exercise intensity during HI-training sessions does not become so high that the training becomes exclusively speed endurance training. If the intensity is too high, the referees will not be able to keep a high enough work rate during subsequent work periods and the desired effect of this HI-training will be lost.

* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 73'

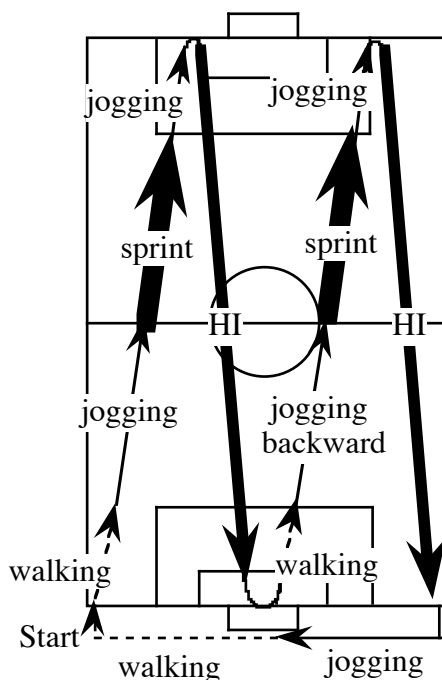
Wed. 19th: REST or PASSIVE RECOVERY

Thu. 20th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 76

* Warm up - 20' extensive warming up, mobilisation and stretching

* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups (10')

- * Speed End.
- Field exercise: Set 1: 4 laps of approx. 3' each
 - 4' passive recovery (until bpm < 65% HR_{max})



- Field exercise: Set 2: again 4 laps of approx. 3' each
- All together this exercise takes ± 28'
(12' Set 1 + 4' recovery + 12' Set 2).

- * Match
- If referees have a training session in group, then a 10' match can be played (2-touch or 'control & pass'). If the game is not played fast enough, another restriction can be implemented, i.e. a goal can only be scored if all referees are over the midline. This discrete modification will speed up the game quite a bit!
 - Alternatively, if it is not possible to play a match, referees may perform a 10' medium intensity jogging (80% HR_{max}).

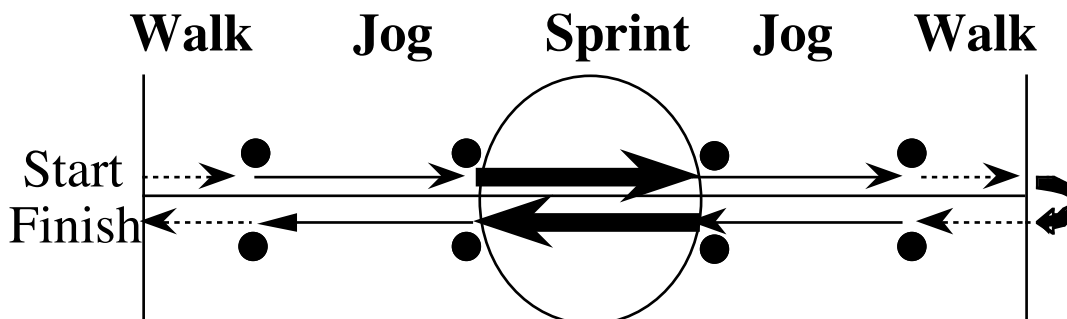
- * Cool down
- 5' jogging and walking, followed by 10' extensive stretching

Total duration: 88'

Fri. 21st: REST or PASSIVE RECOVERY

Sat. 22nd: * Warm up - 20' extensive warming up, mobilisation and stretching
Tr. 77

* Speed - Set 1: Centre circle sprint, 5'



- 5' passive recovery (until bpm < 65% HR_{max})

- Set 2: Centre circle sprint, 5'

- The total exercise time is 15'. The total sprint distance is 360 m.

* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 50'

Sun. 23rd: Next match day of the football competition. For those referees who don't have a game to referee in the weekend, it is a good idea to do some intermittent activities such as playing tennis, badminton, squash, or 5-a-side football,....

WEEK 20 Macrocycle IV, week 2 Training Objective	Session 1 Monday AR	Session 2 Tuesday HI	Session 3 Thursday SE	Session 4 Fri/Sat SP	Weekly Total (mins)	% Activity Breakdown
Warm up	10	20	20	20	70	26.8%
High Int.	0	20	0	0	20	7.7%
Low Int.	0	5	5	0	10	3.8%
Med. Int. / Ext. Sp.	0	0	0	0	0	0.0%
Speed End.	0	0	24	0	24	9.2%
Speed/Agility	0	0	0	10	10	3.8%
Match practice	0	0	10	0	10	3.8%
Act. Recovery	30	0	0	0	30	11.5%
Strength	0	10	10	0	20	7.7%
Pass. Recovery	0	3	4	5	12	4.6%
Cool down & Str.	10	15	15	15	55	21.1%
TOTAL	50	73	88	50	261	100.0%

P.S. The training sessions are all based upon percentages of the maximal heart rate ($\% \text{HR}_{\text{max}}$). Those referees who do not possess a heart rate monitor, should use the next exercise intensity classifications.

$\% \text{HR}_{\text{max}}$	Type of training	Perceived exertion
< 65% HR_{max}	Passive Recovery (PR)	Very easy
65-75% HR_{max}	Low Intensity (LI)	Easy to comfortable
76-85% HR_{max}	Medium Intensity (MI)	Uncomfortable to stressful
86-95% HR_{max}	High Intensity (HI)	Hard to very hard
> 95% HR_{max}	Maximal Effort (ME)	Maximal

Just mail me if something is not clear...Enjoy the training sessions...Your 'remote' coach...Werner